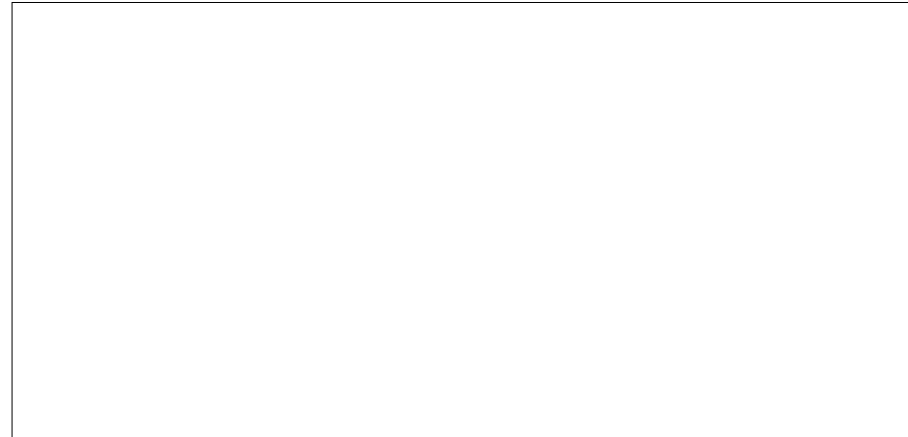




1530 Poplar Dr.
Medford, OR 97504

Stamp



Administrative Team:

Executive Director: Diana Rushing
Community Relations Dir.: Kelly Carey
Wellness Director: Chelsea Terrill
Wellness Director: Sheila Vadney
Wellness Nurse: Jennifer Daughtery
Business Office Dir.: Jennifer Tessen
Dining Services Dir.: Margaret Tepovac
Maintenance Director: Kim Williams
Life Enrichment Director: Dawn Rand

Connect:

541-770-9080

info-medford@farmingtonsquare.com
www.farmingtonsquare-medford.com

**Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.**



The Farmington Times

September 2020 Newsletter



2 Balance Awareness Week
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, Quotes
7 Special Moments & Birthdays
8 Mission & Team

Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!



Walking with a friend is a great way to stay strong and lift your mood!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we’re sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

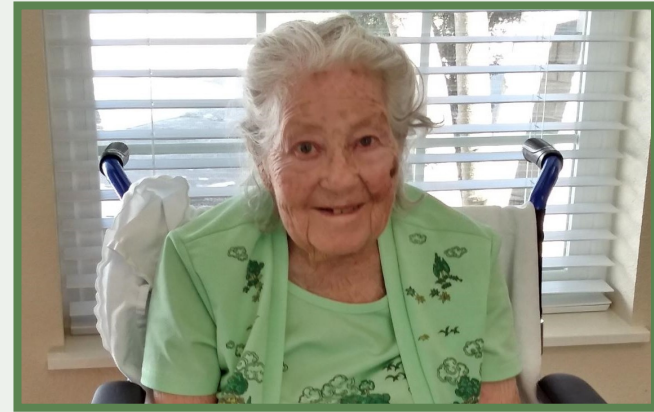
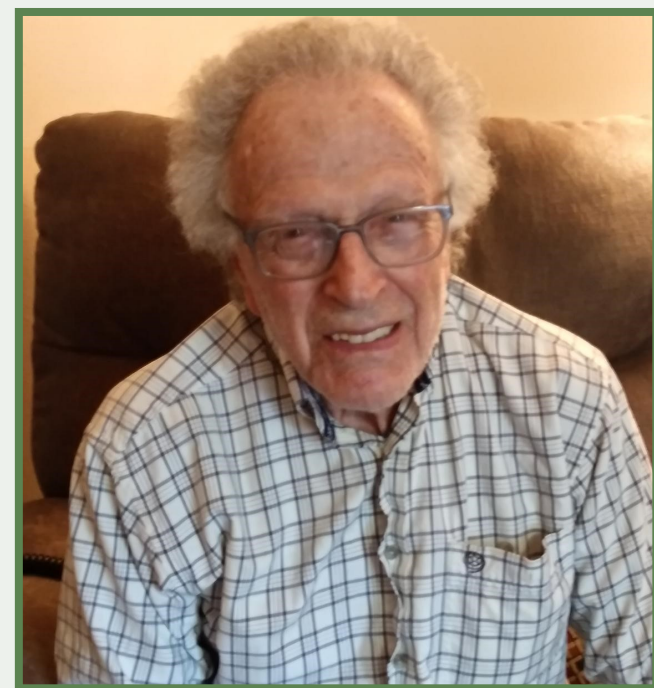
If your health professional approves, and with a spotter present, here are a few ideas to try!

Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



Nancy W: Sept. 1
Shelly T: Sept. 3
Lester H: Sept. 6
Joy H: Sept. 10
Evan H.: Sept. 15
Ann E: Sept. 16
Veronica M: Sept. 17

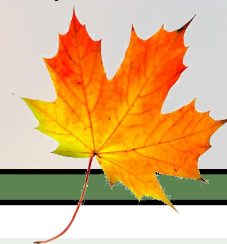
William B: Sept. 17
Norma Jean W: Sept. 19
Chelsea T: Sept. 20
Mary Mc.: Sept. 20
Angelica S: Sept. 26
Molly F: Sept. 27

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

01 No Rhyme Nor Reason Day	17 Housekeepers Day; Apple Dumpling Day
02 Blueberry Popsicle Day	18 Airforce Birthday; Cheeseburger Day
03 Bowling League Day	19 Butterscotch Pudding Day; Pirate Talk Day
04 College Colors Day; Macadamia Nut Day	20 Fried Rice Day; Pepperoni Pizza Day
05 Cheese Pizza Day; Beard Day	21 Chai Day; Pecan Cookie Day; NY Day
06 Read a Book Day; Coffee Ice Cream Day	22 Centenarians Day; White Chocolate Day
07 Labor Day; Acorn Squash Day	23 Snack Stick Day; Pot Pie Day
08 Ants on a Log Day; Ampersand Day	24 Quesadilla Day; Cherries Jubilee Day
09 Teddy Bear Day; Weiner Schnitzel Day	25 Comic Book Day; Story Day; Lobster Day
10 Swap Ideas Day; Portrait Day	26 Pancake Day; Family Health & Fitness Day
11 Patriot Day; Hot Cross Bun Day	27 Chocolate Milk Day; Scarf Day
12 Chocolate Shake Day; Video Game Day	28 Neighbor Day; Strawberry Cream Pie Day
13 Grandparents Day; Assisted Living Week	29 Coffee Day; VFW Day
14 Boss Day; Hoagie Day; Crème Donut Day	30 Gum Day; Hot Mulled Cider Day
15 Online Learning Day; Cheese Toast Day	31 Avocado Day; Mutt Day
16 Mayflower Day; Guac Day; Play-Doh Day	



Regarding Covid-19:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Our Autumn Favorites:

“Leaves turning colors” - Shirley

“Hot chocolate” - Veronica

“Bonfires” - Shelly

“Cooler weather” - Stormi

“Soup season” - Dawn



RESIDENT SPOTLIGHT:

Val

Meet Val! She has made Farmington Square her home for about two years. Before retiring, Val worked as a secretary.

Val enjoys looking out her apartment window and waving at the people walking past. Val enjoys listening to country and western music and will sometimes join us for live entertainment. She also enjoys getting her nails painted. Val looks forward to visits with her son and daughter in law.

Thanks Val for making Farmington Square your home.



STAFF SPOTLIGHT:

Shelly

Meet Shelly! She has been caregiving for about two years. She is currently working as a Med Tech and enjoys taking care of the residents.

On her days off, Shelly really enjoys going to the coast and soaking up the saltwater and sunshine.

We are so glad that Shelly is a part of our Farmington Square team!

SEPTEMBER 2020

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	*Mondays and Wednesdays visiting day by appointment only!	1	2	3	4	5
		9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Past Times on IN2L 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Popsicles 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Car Show on IN2L 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You (A) 10:30 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club(A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
6	7	8	9	10	11	12
9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / One on One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Travel Adventures 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Ice Cream Bars 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 The Music Man Mus. 4:15 One on One 5:00 Music Appreciation	*Pet Therapy 9:30 Beautiful You (A) 10:30 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club(A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
13	14	15	16	17	18	19
9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / One on One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Balloon Ball 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Ice Cr. Sandwiches 3:00 Tracy Davy on Zoom 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Balloon Ball 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You (A) 10:30 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club(A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
20	21	22	23	24	25	26
9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / One on One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sensory Tables 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Ice Cream Cups 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing A Long 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You (A) 10:30 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club(A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
27	28	29	30	Residents Birthdays:	Employee Birthdays:	
*Pet Therapy 9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / One on One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Lunar Landings 4:15 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	Sept. 1, Nancy W. Sept. 6, Lester H. Sept. 10, Joy H. Sept. 17, Veronica M. Sept. 17, William B. Sept. 19, Norma Jean W. Sept. 20, Mary Mc.	Sept. 3, Shelly T. Sept. 15, Evan H. Sept. 16, Ann E. Sept. 20, Chelsea T. Sept. 26, Angelica S. Sept. 27, Molly F.	

SEPTEMBER 2020

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	*Mondays and Wednesdays visiting day by appointment only!	1 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Gardening Club 1:45 Bingo 3:00 Family Feud I N2L 4:00 One on One 5:00 Music Appreciation	2 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing Ball 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	3 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Popsicles 4:00 One on One 5:00 Music Appreciation	4 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	5 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Gardening Club 10:30 Snacktivity 11:00 Walk Club 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
6 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	7 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Karaoke / Dance Party 4:00 One on One 5:00 Music Appreciation	8 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Gardening Club 1:45 Bingo 3:00 Price is Right IN2L 4:00 One on One 5:00 Music Appreciation	9 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing Ball 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	10 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Ice Cream Bars 4:00 One on One 5:00 Music Appreciation	11 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	12 *Pet Therapy 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Gardening Club 10:30 Snacktivity 11:00 Walk Club 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
13 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	14 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 The Music Man Mus. 4:00 One on One 5:00 Music Appreciation	15 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Gardening Club 1:45 Bingo 3:00 Whack a Balloon 4:00 One on One 5:00 Music Appreciation	16 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing Ball 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	17 * Ice Cream Sandwiches 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Tracy Davy on Zoom 4:00 One on One 5:00 Music Appreciation	18 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	19 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Gardening Club 10:30 Snacktivity 11:00 Walk Club 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
20 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	21 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Sing a Long w/ Suzy Q 4:00 One on One 5:00 Music Appreciation	22 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Gardening Club 1:45 Bingo 3:00 Poker on IN2L 4:00 One on One 5:00 Music Appreciation	23 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing Ball 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	24 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Ice Cream Cups 4:00 One on One 5:00 Music Appreciation	25 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	26 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Gardening Club 10:30 Snacktivity 11:00 Walk Club 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
27 *Pet Therapy 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	28 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Travel on the IN2L 4:00 One on One 5:00 Music Appreciation	29 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Gardening Club 1:45 Bingo 3:00 Resident Council 4:00 One on One 5:00 Music Appreciation	30 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing Ball 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	Resident Birthdays: Sept. 1, Nancy W. Sept. 6, Lester H. Sept. 10, Joy H. Sept. 17, Veronica M. Sept. 17, William B. Sept. 19, Norma Jean W. Sept. 20, Mary Mc.	Employee Birthdays: Sept. 3, Shelly T. Sept. 15, Evan H. Sept. 16, Ann E. Sept. 20, Chelsea T. Sept. 26, Angelica S. Sept. 27, Molly F.	